Psychiatric short-term group therapy (PSP)

M. Sc. Psych. Melina Andrea del Pozo
&
Dr. med. Christian Algermissen, Dr. Dipl.-Psych. Nina Rösser

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Angaben über Beziehungen zur Industrie

Ich erkläre hiermit, dass ich seit dem 1. Oktober 2016 gesellschaftliche, persönliche oder materielle Beziehungen zu den folgenden Industrieunternehmen unterhalten habe oder gegenwärtig unterhalte:

Name des Unternehmens | Art der Beziehung

Keine Beziehungen zur Industrie

No business or personal interests

Disclosure Information

I hereby declare that I have had business or personal interests in the following industrial enterprises since 1 October 2016:

Name of the enterprise | Nature of the interest
Overview

A Psychiatric short-term group therapy (PSP) for depression
B Organizational concept
C Therapy contents of a PSP- station group
D Evaluation
A Psychiatric short-term group therapy…

… is a short version of the Strategic behavioral therapy (SBT)

The Strategic behavioral therapy is a:

✗ validated cognitiv-behavioral therapy concept
   (Sulz 1994, Sulz & Hauke 2010)

✗ conceptualized as a strategic therapy for depression
   (Sulz 1998, Gräff-Rudolph & Sulz 2009)

✗ implemented in multiple cases as a group therapy
Psychiatric Short-term Group Therapy…

… is not a new therapy form, but a new therapy technique!

- fundamental elements are short interventions
- disorder-specific and disorder-spanning (modular system)
- therapy concept for different psychiatric disorders
- inpatient and outpatient (sector-spanning)
B Organisational concept
Organisational concept of a PSP – station group

Group psychotherapy on a psychotherapy station

Special aspects

× Max. 4-week period
× Closed groups for each therapy module
× Max. 6 to 12 patients depending on therapy module
× 3 times a week
× trained medical and psychological
× in- and outpatient concept
B Organisational concept of a PSP – station group

**Three levels of therapy**

1. **Symptom therapy**
   - Module 1
     - 1st week
     - Dealing with symptoms

2. **Skills Training**
   - Module 2
     - 2nd week
   - Module 3
     - 3rd week
     - Development, training, automatization and generalization of new behavior

3. **Personal development**
   - Module 4
     - 4th week
     - Conscious development of one’s own main needs, living instead of surviving
C Therapy contents of a PSP- station group
C Module 1 – Symptom therapy

Psychoeducation:

- Which symptoms do I have?
- Classification of symptoms
- What is a depression?
- What’s the difference between a mood and an emotion?
- Why is a depression “useful“?
Psychiatric Short-term Group Therapy (PSP)

Psychological model of disorder  \((\text{functional-heuristic})\)

Intensity

Feeling

Mood

Duration

12.10.2017
Psychiatric Short-term Group Therapy (PSP)

Psychological model of disorder

- Joy: What satisfaction?
- Anger: What frustration?
- Grief: What loss?
- Fear: What threat?

Vitality
Psychiatric Short-term Group Therapy (PSP)

Psychological model of disorder

Depression = mood replaces singular emotions
Module 2 – Activity and experiencing something positive

**Increasing activity:** plan, protocol positive activities
exercise and sport

**Relaxation:** methods of relaxation

**Learning how to enjoy:** pleasant sensations
recalling pleasant experiences
Module 2 – Activity and experiencing something positive

Increasing activity:
- Nursing staff
- Exercise group

Relaxation:
- Relaxation group

Learning how to enjoy:
- Work therapy / Enjoyment group
  - Recalling pleasant experiences
Joy exposure: resulted in contentment
I know what I am capable of.

Fear exposure: resulted in self-efficacy
Now I’m not afraid to do things.

Anger exposure: resulted in self-assertion
Now I defend myself.

Grief exposure: resulted in being open to new things.
I can now let go of what I have lost.
Module 4 - Survival Rule

Biography

- threatening
- satisfying
- frustrating

Fear

Needs

Anger

View of world

Survival Rule

View of me

Dysfunctional Personality

Symptoms and Illness
My survival rule so far

- Only if I always .................................................................
  (dysfunctional personality trait)
- and if I never .................................................................
  (- forbidden impulse – e. g. show anger or weakness)
- I keep for myself .............................................................
  (- my central needs)
- and prevent, that ...........................................................
  (- my central fear)

Serge Sulz & Aline Sulz 2017 Survival Rule www.cip-medien.com
My new allowing life rule

- When I show less ........................................
  (dysfunctional personality trait)
- and when I more often..............................
  (- forbidden impulse – e.g. show anger or weakness)
- I keep for myself .................................
  (- my central need)
- and there is no danger, that .................
  (- my central fear)
D  Evaluation
Clinical evaluation (Participation)

August 2011 – December 2016

- \( N = 1226 \) Patients
- 56.8%: Module 1-4 (Evaluation)
- 26.4%: Module 1-2
- 2.6%: Outpatients

\( \geq \text{modules 1-2} \)
- 324 Patients

\( \leq 1 \text{ module} \)
- 187 Patients

\( \text{modules 1-4:} \)
- 696 Patients
D  Evaluation

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**clinical evaluation**  **evaluation of survival rule**

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<th>PSP-Group</th>
<th>Indiv. therapy</th>
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4 weeks + 2 Wo. at least 6 weeks

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<th>BDI-II</th>
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<td>Survival rule</td>
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ca. 12 weeks
D Clinical evaluation (BDI-II)

August 2011 – December 2016
696 patients (modules 1-4)
284 evaluation
(return run: 40.8%)

BDI-II* (pre/post): p < 0.001
Effect size: d = -1.144

* p < 0.001
D Evaluation – SCL-18

SOMA:
- p < 0.001
- d = -0.641

DEPR:
- p < 0.001
- d = -1.067

FEAR:
- p < 0.001
- d = -0.714

GSI:
- p < 0.001
- d = -1.022

08/2012 – 12/2016
N = 272
(return run: 39.1%)
D Evaluation survival rule

08/2012 - 12/2016

n = 251-254/696
(modules 1-4)

Return run: 36.5%
D Evaluation survival rule

Impact of survival rule at post and catamnesis

08/2012 - 12/2016

\[ n = 127-130/696 \]

Return run: 18,2 %
Many thanks for your attention!

*With the cooperation of the PSP-team leaders:*

Dr. med. Christian Algermissen  
Dr. Dipl.-Psych. Nina Rösser  
M. Sc. Psych. Andrea Melina del Pozo  
M. Sc. Psych. Chantal Dietl  
M. Sc. Psych. Jaqueline Gemballa  
Dipl.-Psych. Sandra Mann  
Dr. Dipl.-Psych. Johanna Mühe  
M. Sc. Psych. Theresa Schulze  
Dr. rer. nat. Eva-Maria Wunsch  
M. Sc. Psych. Carolin Schneider  
M. Sc. Nina Götz von Olenhusen  
M. Sc. Psych. Maximilian Horn